

# **Examining the Effects of Long-Term Participation in the Monroe Institute Programs: Compiled Responses**

*In 2010 Cam Danielson presented a report detailing a study which was undertaken as a follow-up to his 2008 investigation into the effects of long-term participation in TMI programs, with interviews of individuals who attended 3 or more programs.*

*Cam divided the interview responses from participants into 3 key areas:*

## **1. How does the Spirit move across the Face of the Earth?**

- **The Story of Participant X**
- **Understanding Transpersonal Experiences**

## **2. What is on the Other Side of the Rainbow?**

- **Engagement of Multiple Intelligences**
  - development of multiple forms of expression including music, art, and physical movement (dance, athletics, body work) to supplement abstract reasoning as a way of knowing
- **Anticipation of Liminal States**
  - being in transition on a more frequent basis and the increased interest in the white space or the unformed dimension of possibility that exists between two or more existential planes
- **Relationship with Inner Guidance**
  - being present to an interior silence or transpersonal awareness while simultaneously interacting in the world
- **Playfulness towards Life**
  - being open to the dynamic forces of change without succumbing to socially accepted beliefs, biases, or assumptions regarding their meaning
- **Compassion for Oneself and Others**
  - the essence behind the instinctual needs of human existence which shows up in a qualitative shift in regard to self and others

## **3. Reflections**

## **Participant A**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant A**

"My mother was of Italian origins from New York. My father was a mutt with Midwestern roots. He was recruited by the FBI out of high school. He wanted to become a writer. My parents met at work, fell in love, got married. There were three kids, all girls. I was the oldest one. Mom suffered from postpartum depression for several years. She would put us to bed by 5:00 each evening and Dad would come home and come up to see us and we would tell stories. By my 3rd Christmas, I was acting odd in front of the camera."

Then came the big day of change at the age of 11 when she had to grow up much too fast with the birth of her 4th sister Linda, who had a serious congenital heart defect, and with the emotional withdrawal of her parents due to her mother's nervous compulsions and her father's alcoholism. She now became the caretaker of her little sister whom she played with through an imaginative world they created together. The strain of those years shows in her face as she recounts how she dreamed of running away from home. By high school she was out of touch with her parents to such a degree she was basically living on her own with all the likely consequences that followed – sex, drugs, and depression. How she managed to keep her grades up is anyone's guess, but she gave testimony to the importance of her friends filling a vacuum in her life.

The maturing process of college laid the foundation for a successful career in business or so it seemed on the surface. Not far below a darkness continued to haunt her resulting in failed relationships, an abortion, the death of close friends, depression and unemployment. But once again, remarkably, she lands on her feet in a new organization with a new career beckoning. It is a cycle that repeats itself over the first half of her life. When she arrives at TMI for the first time she feels she has been through several incarnations in the same body. TMI is another demarcation in her life, a period during which she recounts a series of "road trips." A modern day version of the ritual undertaking of pilgrimages, she spent time at various centers of healing and selfexploration – Esalen, TMI, the Barbara Brennen School of Healing. She was developing and honing her extrasensory capacity even as she struggled against those aspects of her self. The journey includes helping her youngest sister make her transition – "it was a beautiful death, we sang to her as she died." She is coming to acceptance of herself in a much larger view of what that means – "we are creating all the time with our thought patterns, by forgiving, by remembering."

## **What is on the Other Side of the Rainbow?**

### **Engagement of Multiple Intelligences**

My best memories [ . . . ] lots of make believe. I played on a magic carpet that took my friends and me into new worlds where we had many adventures. I remember telling one my friends that he was so lucky because he could grow up to be an astronaut [ . . . ]. But I was just curious about a number of things. I loved stories of dinosaurs. I remember getting a chemistry set as a child and “mixing potions.”

- Started and currently runs an executive and life coaching practice.
- Currently writing a book.
- Teaching and public speaking as a consultant and executive coach.
- Extreme white water rafting & kayaking.

### **Other Personal Development Activities**

- Attended Esalen (multiple week long sessions) and a Barbara Brennen sponsored workshop, has gone swimming with dolphins in Hawaii, and has taken several Road Trips (lasting from 1 to 3 months each) during periods of major changes in her personal and professional life.
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### **Compassion for Oneself and Others**

I fantasized about running away from home – I was quite depressed as a child

## **Participant B**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant B**

She describes herself as someone who has “always had a yearning to talk about deep, profound, meaningful, true things.” University was a disappointment because she was expecting “Athens and it wasn’t. I was looking for wisdom, a meeting of minds.” So she became an anthropologist and then taught English as a second language.

She wandered around barely scrapping by in her first career before eventually landing a job in a major corporation on the East Coast. It was the same story, just a different setting. Her wanderings have taken her through a number of organizations without much financial success. “I have little concerns about how I am going to make a living. I have been very, very poor most of my life. Self-preservation is my thing.” Yet, the toll on her health was not inconsequential. Dying at her desk was an impending doom in her mind. “I am more socially oriented and wanted to do a good job because of my friends and colleagues.” It is one of the paradoxes in her life, that given her orientation she has no interest in having an intimate relationship. “I think I am tailored not to have relationships even though I realize it would be a very good thing in terms of deeper healing. There is a part of me that would relax into life . . .”

When asked where her life was headed in her early adult years, she straightforwardly responds, “trying to get as far from my true self as possible and seeing if I can get back.”

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I was really good at daydreaming. I liked to role play [ . . . ] Because of my father’s work [a historian who recreated live representations of American pioneer life], I lived in a fantasy world. Life was all about going out to have adventures.

- Song writer and singer. Performs publicly.
- Book author, technical writer for a software company.
- Sailing as a child.

#### **Other Personal Development Activities**

- Has taken Voice Lessons, undertook Physical therapy for a number of years to include reiki treatments (the result was a Kundalini experience), attended Byron Katie and Barbara Brennen sponsored workshops, and took a Road Trip (lasting 3 months) spending time in an Ashram and the Light Center in NC during a professional life change.

### **Anticipation of Liminal States**

- Watching my inner resistance

### **Relationship with Inner Guidance**

- For more than a decade, I have been consciously following the guidance of my “wider self” (I prefer this term to higher self). I use discernment, but there is a clear sense of what is true.

### **Playfulness Towards Life**

- It is all about embracing what IS without having to change things. I don’t give a rat’s ass for metaphysics or theology. I have never been a searcher. I have never been a wanderer. I was just where I was. More divine Mother energy is coming through me now – I am more of a girly girl.

### **Compassion for Oneself and Others**

- Fear of being molested, of not being able to say no [something that happened at the age of 3]. Over the course of my life, I have intellectually experienced being molested from every angle. I have done a lot of healing to recognize the shame and guilt I still carry, but I am learning to love myself as I am.
- Sense of “Being Called” To Be Present with Others
- As a result of the energy that flows through me now, the one thing I care about more than anything else is the awakening of whomever I am with. It isn’t that I don’t have my own desires, but they are subordinate to this guidance.

## **Reflections**

The greatest times are when I am seeking the truth inside of me at a TMI program.

## **Participant C**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant C**

Growing up on a farm can be a lonely existence. However, he never felt overly burdened by the fact that his sister was his only company through the first 10 years of his life. Being outdoors was more than enough of an adventure to keep his young mind fully engaged. "I liked being in the forest. I liked the peacefulness and the energy. I tended to always find space to myself."

When he was 4 he remembers jumping on a pile of sawdust from a logging camp only to find he was out-of-body. When he was 8 he recalls looking at a grove of trees and just sinking into them when all of a sudden, he shifted into the land of faeries. He would often find himself running through the forest. "It was easy to get into a meditative state while running."

In a statement that underlies his orientation, he recalls, "the world seemed like a harsh place." To paraphrase Wordsworth, the world of getting and spending laid waste his powers. Maybe that explains why he never enjoyed going to the mall at the nearby town. "I got tired being around the people there."

#### **Understanding Transpersonal Experiences**

- Obviously the beliefs I hold do matter, but at what layer of consciousness do I hold these beliefs? How did I come to be here in this reality? Obviously my little self didn't choose this for my little self. That belief must have been held at the Higher Self level for this reality to be in the first place and for me to be here. It becomes difficult to sort through at what level I am holding the beliefs I use to create the reality I am experiencing - some would seem quite conscious like taking the first steps toward the sink.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I have been spiritually oriented since a child. When I was 4 years old I jumped on a pile of sawdust only to find I was out-of-body. Some years later, I remember running around the edge of the lake in the trees. It was easy to get into a meditative state while running.

- Runs several businesses of his own that include farming and energy distribution.
- Book co-author
- Canoeing, Rowing, and Baseball as a child. Became a Life Guard. Continues to play slow pitch softball.

## **Other Personal Development Activities**

- Has been doing Transcendental Meditation for many years and works with Bub Hill on Joshiah.

## **Anticipation of Liminal States**

- An experience shared by
- **Participant C** characterizes the liminal state taken to its transcendent conclusion. He was explaining what happened to him one day while he was driving. Suddenly, everything just vanished and I am in an eternal moment as a point of consciousness that can see in all directions. There are lines of light going away from me; my possible and probable futures [ . . . ] And between every moment Here, I am in a moment There, and I am holding different memories of the future and the past, every moment. It kind of reminded me of the white frames in between the movie pictures. When I asked him what was different for him now, he replied, "in a way nothing and in a way everything."

## **Relationship with Inner Guidance**

- The feeling of the higher self being present never leaves.

## **Playfulness Towards Life**

- In any reality, it is impossible not to hold our Higher Self consciously, and yet we are attempting to do it. We are all completely mad, mad as hatters, living a delusion that we are separate from our Higher Self.
- The inner search for the absolute has been the firmest direction of my intention, my interest. And in this reality there are so few absolutes. The only one that I have found is that belief proceeds reality.
- While I agree that we are that which existed before creation, once creation started, once we separated ourselves from that which is, we became I or god, and with the "I" thought came the "I am," the equal peace with the oneness, and with that original separation from that which we are came creation. Creation is eternal, we can't turn it off. There is only endless experiencing, we can't turn it off. This is my belief.
- Compassion for Oneself and Others
- I was in a car crash as a teenager. I was terrified when suddenly I felt these hands on my shoulders and I knew I was safe.

## **Reflections**

Everyday that I am at TMI is a perfect day.

## **Participant D**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant D**

In the middle of the city where she was raised, she spent “a lot of time in nature.” She would scamper up and down the “mounds of earth on the lot next to my home.” She loved the overgrown foliage. “The weeds felt like a jungle. It was magical for me.”

Until she was 6 years old, she “could fly and communicate well with trees and other living things. I had lots of ‘imaginary’ friends.” Then she slipped on ice, slid down a hill and was knocked unconscious. Things changed after this, “I could only remember flying.”

But this didn’t shut the door on her transcendent experiences with nature. Throughout her youth she would have moments when she “felt a sense of grace and I would see the world differently. I called it the ‘silver world’ – seeing the world of nature as enwrapped in a living energy. At those times, everything was full of love and it felt very personal.”

When she was 14, during one of these moments in her “secret sacred park” she felt a “feminine presence that was very loving and full of grace. There was a voice that told me everything would be okay. These moments came to me as I seemed to need them.”

#### **Understanding Transpersonal Experiences**

I do not hold other people responsible for my happiness or fulfillment. I find that focusing on anger usually gets me stuck, so I experience it and move on. My guidance continues to remind me not to take everything so seriously.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

As a child I could fly and communicate well with trees and other living things. I had lots of imaginary friends.

- Self-trained painter.
- Currently runs her own business as a physician.
- Teaching parttime at the University level.
- Biking and yoga.

#### **Other Personal Development Activities**

- Has been doing Abraham work with Jerry and Esther Hicks for a number of years and also has done Orin and DaBen work with Sanaya Roman and Duane Packer, respectively. Recently began painting.

### **Relationship with Inner Guidance**

- I always had a strong presence of guidance [which has been experienced as] a sense of grace most of my life. Rather than struggling with my choices, I have felt guided to go through the open doors the universe has provided me.
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### **Compassion for Oneself and Others**

- I now feel I don't need to fit in before using my gifts [as a healer] to help others take their next step. I know I don't heal people. It is their own inner state that leads to their healing.

### **Sense of "Being Called" To Be Present with Others**

- My purpose is to help show people a space of love that is already there for them.

## **Participant E**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant E**

She was adopted as an infant by a couple who were as different as night and day. The father was a strong, out-going man from a poor, immigrant family who took on the world with gusto and gumption. His was going to be “a rags to riches” story, which never materialized. And along the way he met a woman with strong southern roots and high society means. It was the story of Rhett Butler and Scarlett O’Hara all over again. But once they were married, they could not conceive children. It was a shameful thing for her mother to admit she was unable to bear children and the pain was almost too much for her to bear. Even when her minister advised adoption, it became the lesser of two evils given the importance of her family tree and its bloodline. And yet her father encouraged this with unbounded enthusiasm typical of his approach to life’s challenges. It was a context that as a child left her deeply divided. Her father loved to tell her stories and “was always hugging me.” She noted that he “had a golden energy and was wise beyond his education.”

But it was a different experience with her mother. She was very distant, critical, and harsh in her treatment of her daughter. “My mother would never acknowledge my presence when we were in a room together and she could hardly stand to touch me.” Her mother’s treatment left deep wounds. Even though she found her father a source of strength and caring concern, she found she was forever trying to please her mother to no avail. It was primarily this experience that led her to say, “I had an unhappy childhood. I would look happy on the outside so as not to let anyone know.”

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I was always active, always exploring. I played cowboys and Indians with the neighbors. I had a very active imagination [ . . . ] created places in our yard for building forts and pathways. I imagined the world of King Arthur and the intrigues that took place at court.

- Opera Singer – performed at the MET in New York – and song writer in her early career.
- Started and currently runs a management consulting practice with her partner.
- Author of short stories, poetry, and scholarly articles/books.
- Teaching and public speaking as a consultant in the field of organization development.
- Softball, basketball, track and field, and field hockey in school. Currently a stable of horses.

## **Other Personal Development Activities**

Trained as a singer and continue to do breathing exercises everyday, and also Trained in Reiki.

## **Compassion for Oneself and Others**

- I was adopted as an infant and raised by a mother who couldn't have children. I believe she felt shame given the importance of lineage in her family. She could hardly touch me and would seldom acknowledge me when I was in the room. I had a real aversion to being touched as a result of my upbringing.

## **Sense of "Being Called" To Be Present with Others**

- Growing up my sister beat me. She was unhappy and ensured that my life was unhappy as well. We had never resolved that. Yet, when she had part of her brain removed I took her on as my responsibility, and had continued to do so for ten years.
- She was a child, half of her body was paralyzed, and a chunk of her face had been eaten out by cancer. I recalled an earlier conversation with my partner about what my expectations were for the world, for the Universe and had responded, "I expect a world, a Universe that is generous and compassionate." One day while I sat in my bed at the Monroe Institute, I realized that indeed I had been generous with my sister, but I had not been compassionate. I could barely manage to visit every couple of weeks, did not want to touch her, and could not stand the smell of her. I had had conversations to help her grow when we were younger, but now I wanted to keep my distance.
- I called my partner, and the next day after arriving home from TMI we drove the four hours to the nursing home, and I spent time with her. I took Hemi Sync, the "Going Home" series, and began that trek with her, using Reiki energy to help protect her when she called out: "A man, a man, an evil man!" and going with her as she smiled in greeting to our mom and dad, whom she could see and I could not. The next few months I tried to visit as often as possible and continued to work through the series. The weekend before she passed we finished, and she wanted to hear Bob's words over and over and over again. "Yes" she would whisper from a barely recognizable face above 60 pounds of broken bones stretching distorted skin when Bob said, "You hear and you understand." And when it was time to leave, I pulled her hair back on her forehead, I kissed her, and I told her I loved her. And when she was gone, I grieved. I call it a joyous grieving, for I grieved for someone who I had considered the bane of my life. And I thanked her for helping to make me who I am. Tears come down my cheeks now as I recall and write these events. Every aspect of my life has been surfaced and considered, even my very birth relived, and now much before this life, even to the form and shape that has waited dormant in my "basement."
- There is so much unfolding still to occur, so much to learn, so much to experience. Every day I live my life there is some new learning, some new feeling to share with my larger self, some new insight to pass along, some new challenge to grab hold of, and so much love!
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### **Compassion for Oneself and Others**

- I came to realize I needed to find my own path towards wholeness. I could become an incredible thief or I could become a great person.

### **Reflections**

TMI was about helping take the ego out of my effort at achieving integration or wholeness.

## **Participant F**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant F**

Throughout high school he had wanderlust bad. He started hitch hiking taking a total of six trips that took him hundreds of miles from home. After that, university wasn't very exciting and he moved from one school to another before leaving school to work on the East Coast, then the West Coast, and eventually in Europe where he also studied theater.

He returned to the U.S. and "closed out my theater interest." But this merely opened another door to another interest, this time in commercial design and manufacturing. Eventually he completed his degree and then later accomplished an MBA. Along the way he got married and had a family. "The marriage has been volatile with a fair amount of disagreement . . . we just have different objectives for our lives." His interests are as wide as his imagination and stir him deeply. Nearly 30 years ago he created a list of important things to do in his life. "I review it once a year and create an annual plan."

When asked to describe his life, he launches into an eloquent soliloquy: "At 20 I experienced the world as this wonderful place to explore and discover. The world came to me. At 33 I felt like I was driving the bus. At 56 I was both the passenger and the driver of the bus, but my GPS was broken and I didn't know exactly where I was going."

#### **Understanding Transpersonal Experiences**

- I am feeling restless again. It is a periodic thing, and it tells me that there is something else I need at the stage I am in. This is the clearest sense of restlessness I have experienced, much less noise around it than in the past. In the past, I worked through my stages of restlessness by just sitting with it. The question now is not what's next, but what I want to make next.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

As a child I could see things out of the corner of my eye and believed I was seeing into other dimensions.

- Started a manufacturing business and sold it. Currently runs his second business in manufacturing supply.
- Studied acting in Paris after college.
- Cooking, car repair, and general mechanics. Outward bound, cross-country running, and wrestling in school. Yoga as a young adult. Currently rides motorcycles, pilot's sailboats, and has gone skydiving.

### **Other Personal Development Activities**

- Undertook Intensive Yoga training in early adulthood (the result was a Kundalini experience), has done Past life regression analysis, and read the works of Elizabeth Kubler-Ross's on death and dying (became a hospice volunteer), and did research into Hindu philosophy.

### **Relationship with Inner Guidance**

- I have experienced a place filled with love that is always there; a place I go back to whenever I want. It is a reassuring feeling I carry.

### **Compassion for Oneself and Others**

- All my life I have felt there was always something other than me that took care of me.

### **Reflections**

TMI has allowed me to breath, relax, and just be better than anywhere else on a consistent basis. There are people there who I can share things with which made it easier to be me – to accept myself and not have to work on being loved.

## **Participant G**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant G**

Her father was an illegitimate child who became a successful “and well paid” scientist. She describes him as “self-indulgent” and her mother as “frightened by the responsibility of having children.” The result was an experience that she would only find out about years later. As an infant, while lying in her crib one winter day, her mother came in and opened the window before throwing water on her. It was a death penalty that was commuted when she returned to dry her off. Later as a school age child, her father would beat her for wetting her bed.

An older couple up the road from where she grew up in the country became surrogate grandparents. It was a much needed example of a loving connection, but her devoted attention made their grandchildren jealous. While returning home one day from a visit, the grandson accosted her. He stripped her and urinated on her.

Between her parents and the neighbor kids (who basically comprised the older couples’ grandchildren), she “was living in an emotionally barren place” and “retreated into my own mind.”

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

- Started and currently runs a hypnotherapy practice.
- Currently writing a book based on her work as a hypnotherapist.

#### **Other Personal Development Activities**

- Critical reading of the works of Mary Summer Rain, Anatomy of Spirit by Carolyn Myss, and The Tibetan Book of Living and Dying; more recently worked with Gangaji (Toni Roberson).

#### **Anticipation of Liminal States**

- Stepping more fully into life (into possibility) rather than walking around the edges

#### **Sense of “Being Called” To Be Present with Others**

- I know I am dying (shedding my skin), but I am hopeful I will have more time here; more opportunity to love. My work is to be a full-time student of life; my exchange is giving and getting love.
- I have a sensitivity, a gentleness, and a concern for others that won’t be squashed.

## **Participant H**

### **Understanding Transpersonal Experiences**

- I see my life as full of possibility. The question for me is can I open up to the possibilities? Can I see things in a different way? I am now walking my journey in a way I once only intellectually understood - staying in the moment. I can recognize when I have stepped out of the moment, but I know I have a choice of moving back into the moment.

### **What is on the Other Side of the Rainbow?**

### **Engagement of Multiple Intelligences**

I liked climbing trees – it was quiet and it was in nature. I stuffed a lot of things inside of me and then I would read books and go climb trees to deal with it [ . . . ] If I ever got bored, I could always daydream.

- Plays the violin and guitar. Uses music in her education and therapeutic practice.
- Formed and currently runs a therapeutic practice for children with feeding, swallowing, oralmotor, and prespeech problems.
- Author of scholarly articles/books.
- Teaching and public speaking in continuing education programs.
- Camping, hiking, climbing trees as a child. Rowing and hiking yet today.

### **Other Personal Development Activities**

- Has worked with Barry Neil Kaufman (Founder of the Options Institute), underwent personal therapy, continues to play the guitar, completed studies in accelerated learning.

### **Anticipation of Liminal States**

- Wanting to trust a journey I do not understand

### **Playfulness Towards Life**

- I enjoy my life though at times I miss having someone to share intimate things. I am not sure I am willing to do the give and take that is necessary for living a full life with another person.
- I have a cottage on 30 acres in Wisconsin which I use as a retreat. This summer I was floating on a raft on the lake and I had an encounter with a male loon who came within 6 feet of me. I had a strong sense of merging or union with this wild bird. It is now one of my highlights.

## **Participant I**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant I**

He remembers the blitzkrieg and going to the bomb shelters as a small child. It frightened him badly. He was told to “put my fingers in my ears, and I won’t hear the bombs.” As he looks back on it, “I can see the seeds of my depression.” He describes his family as “quite dysfunctional.” His father was a drunk and beat his mother.

The family across the street was an important contrast for him. “They were so decent and well educated. They were a kind of oasis for me several hours a week for a number of years.” But it wasn’t enough to make home life more tolerable or maybe the contrast was just too painful because he regularly plotted his escape. “I always wanted to get away on my own. I would slip away to go down to the river. I was a rather solitary fellow.”

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

- Started and currently runs a translation business. Astrological writing. Scholarly articles in transpersonal psychology.
- Shakespearean trained actor. Taught English in Saudi Arabia. Former principal of a school in Australia.
- Yoga

#### **Other Personal Development Activities**

- Has done significant Astrological work (studied to become an astrologer), became an accomplished hypnotist, more recently attended a number of Jose Silva sponsored workshops, and continues to attend the Quakers meetings.

#### **Anticipation of Liminal States**

Seeking those moments when you can witness the manifestation of spiritual forces

#### **Relationship with Inner Guidance**

- I felt the emergence of guidance in my life when I began meditating over 40 years ago. I became the ocean that I am.

#### **Compassion for Oneself and Others**

- The irresistible forces in my life seemed to condemn me to bouts of depression that left me struggling for understanding. When I had a heart attack, a light filled my existence with an experience of love that overwhelmed me for days. Since then I have felt a sense of acceptance.

## **Reflections**

I have never felt such a degree of acceptance as I did when attending TMI.

## **Participant J**

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

- Tap dancing. Started and ran IT consulting business.
- Technical writer for various organizations and clients.
- Cheerleading in high school.

#### **Other Personal Development Activities**

- Attended personal transformation workshops.

#### **Compassion for Oneself and Others**

- I began to forgive myself for some of the things I was still judging myself harshly. Essentially, I have learned to take responsibility for my life rather than getting stuck in the victim role of trying to please others.

## **Reflections**

Since attending TMI, I have become more attuned to my intuition. I am doing things that matter at some deeper level within me.

## **Participant K**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant K**

He doesn't remember seeing his father much because he worked three jobs most of the time. When pressed, he notes that he has very few pleasant memories. In fact he has lost blocks of time. "It was hell living around my parents. They were abusive. I literally spent chunks of time alone."

Growing up he was bullied quite a bit in his neighborhood and at school. He credits some of this to social class prejudice, but the result was the same – he got "beat up."

He became fascinated with the idea of being "saved" as a child. Going to Sunday school was an important early experience. In many ways, his search for a relationship with "something higher than myself" was to find what was missing in his life.

#### **Understanding Transpersonal Experiences**

- I am much more aware of what is current around me, but it is like being in an open time book: touching past, present, future all at once. I can be present to others in this time and present to all time simultaneously. It is as if I am both a witness and a
- Participant in the events around me. I can be in a doing mode and a meditative mode simultaneously.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

As a child I was fascinated with the idea of God and salvation. Going to Sunday school was an important early experience.

- Professionally trained guitarist.
- Technical writer and software programmer.
- Part-time music teacher.
- Surfing as a young adult

#### **Other Personal Development Activities**

- Studied religion and philosophy in college, but after college began reading Edgar Cayce's works and attended a workshop at A.R.E., took up meditation, and then worked with bio-energy healer Mietek Wirkus. Later became a certified massage therapist (unrelated to his professional career).

#### **Anticipation of Liminal States**

- Becoming unsettled is important to learning

### **Relationship with Inner Guidance**

- I am now in a state of silence even in the midst of others. As emotions come up I can witness them.

### **Compassion for Oneself and Others**

- I am still the same person, but more in process of maturing in the way I react to life or others. I am not frightened or unnerved by most situations I face.

### **Reflections**

The most important experience for me at TMI was learning that we are not encapsulated individuals. Information from other energies is accessible to us. One of the most dramatic experiences I have had at TMI is experiencing myself at different points in time – as I was in one life versus as I am now. I learned that I not only can view both lives, but I can take a lesson from one life at a point in time and apply it to another life at a different point in time.

## **Participant L**

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I spent a lot of time alone. I liked to read and draw. My earliest memory was drawing rockets to Pluto. I was reading mostly non-fiction as a child. I liked books on airplanes and astronomy. I also played cops and robbers/cowboys and Indians with the kids in the neighborhood. We didn't have many toys so we had to be pretty imaginative. I would just play anything that was make-believe.

- Plays guitar, trained in music theory.
- Artist in the field of animation and film production (created a way to make 3D animation before the era of computers).
- Started and ran IT Software consulting business. Software programmer.
- Yoga

#### **Other Personal Development Activities**

- Read widely in occult literature, began meditation 15 years ago, has been involved in numerous creative activities since childhood such as drawing, music, and filmmaking.

#### **Anticipation of Liminal States**

- Learning what being more awake means

#### **Relationship with Inner Guidance**

- I have a sense that things lead where they are meant to – the sense that I had to learn certain thing before other opportunities emerged.
- I am more conscious now. I get these little epiphanies such as 'having a higher consciousness isn't about possessing yogic powers, but about being conscious on multiple levels, multiple dimensions and making conscious choices [.] It is being more aware, being more awake.'

#### **Compassion for Oneself and Others**

- I have learned to accept the healings wherever and whenever they are offered me.

#### **Sense of "Being Called" To Be Present with Others**

- My life has been about making changes, and since I have reaped the benefit of these changes, my purpose is to share what I have learned with others.

## **Reflections**

TMI got me outside of my box; got me outside of various traps, constructs, and concepts that had bogged me down. I simply got to a bigger stage, a larger

perspective. Some people need to have the Out-of-Body Experience (OBE), but for me that isn't my expectation nor has it been my experience at TMI. In fact, TMI for me is really about the unexpected. That is why I go back, for the unexpected.

## **Participant M**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant M**

She wanted to go to the Olympics as a horse rider, but “I didn’t get a chance because I broke my back in a fall from a horse.” As the memory stirs her she notes how shaky she feels adding, “I could have been a paraplegic.” It took her 3 years before she was pain free, but after 10 weeks she was back in the saddle.

Ever since she was a child she could communicate with animals. One of the lessons she learned early was that “animals are very open and people put up screens.” Throughout her life, developing the level of trust and openness with people that she shares with animals has been a struggle. She did lots of transactional analysis work throughout the mental decline and eventual suicide of her first husband. It taught her to “avoid people who play games.”

She came to the Gateway program “due to instructions from my inner guidance I received during master Reiki training.” From the start, each program she has attended has allowed her to step outside and “let go” of the fear that enters through her empathic abilities. The epiphany occurred during a graduate program when “my heart opened and I felt myself as pure, unconditional love. I was all that is.” One result, which she shares with a smile, is that prior to TMI, “I could not listen to the horse and my client at the same time. I had to phase out from one or the other and it took time to go back and forth. Now I can stay in different phases of consciousness at the same time.”

#### **Understanding Transpersonal Experiences**

- When I get into a state where fear enters, I can now let go. I am conscious of a quiet or a peace that is almost always present behind my ego.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I usually played games with adults. I began playing chess at 3 or 4. I spent a lot of time alone. I liked to read, to spend time in nature sitting still and watching wildlife. Animals are very open and people put up screens.

- Drawing and illustration (works parttime as an illustrator for a museum of natural history).
- Started and currently runs a horse training business.
- Mentoring emotionally disturbed children.
- 4H in high school. Professionally trained horse trainer with horses of her own.

### **Other Personal Development Activities**

- Has done transactional analysis work, read the Seth works and began to read more widely in occult philosophy, and completed training in Reiki.

### **Relationship with Inner Guidance**

- I am conscious of a quiet or a peace that is always present behind my ego.

### **Playfulness Towards Life**

- My first horse was really, really kind. I needed that at the time. My second horse was a tough customer. It was a question of rhythm and lightness with that horse. My third horse came off the Mexican Olympic team, but had been ruined as a result of some terrible vices. It was a question of retraining, becoming light and soft. I learned how to be in perfect balance – to find my balance in balance with the horse . . . .
- Breaking my back [when thrown from a horse early in her career] taught me to be more balanced, because I couldn't carry weights.

### **Compassion for Oneself and Others**

- When my first husband reached his mid-twenties he became seriously disturbed and eventually committed suicide after we had been married for 15 years. I would have left him because he was abusive to me and one evening almost killed me. I learned that love can't fix everything.

### **Compassion for Oneself and Others**

- The healing that has occurred in their lives, resulting in a qualitatively different self-regard, is not a short-term experience. It has been underway for years, as most of them realize. The difference in their understanding is an acknowledgement that, as
- Participant M described:
- I was always protected.

## **Participant N**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant N**

He moved around a great deal as a child because of his father's job. His father worked all the time, but even then he "was not a play-with-the-kids kind of guy." Consequently, his memories of childhood are principally based on things he did with his friends and brothers.

His "most vivid" childhood memories occur when he lived next to a forest. He and his friends built shelters, "we called them forts," and would spend hours in all seasons playing in them. In the summer, he was catching frogs and tadpoles in the river or camping out under the stars. They were "experiences of freedom and exploration." One highlighted event for him was riding bikes into the country to discover a horse farm where he and his friends went horseback riding. Like his other adventures, "it felt like I was very close to freedom to be outdoors where we could have reign over ourselves."

As he grew into manhood and watched his parents marriage break-up, one summer he took his girlfriend to Sturgeon Bay where they shared the exhilaration of nature together. "As my parents broke up, my life came together."

#### **Understanding Transpersonal Experiences**

- I now vibrate at a higher level, and I can feel it, when I am in service to others.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

Comic book reading was my favorite pastime, but I also read books – reading was an important part of my life. I also played board games or imaginary games with my friends. I particularly remember playing cowboys and Indians. I also loved riding bikes into the country to explore. I always had an affinity with nature.

- Musician certified in the Music for Healing and Transition Program.
- Independent consultant in the field of technical project management.
- Hospice volunteer.
- Certified professional coach.
- Camping, hiking (was a boy scout). Private pilot license to fly small aircraft.

#### **Other Personal Development Activities**

- Was a member of the Rosicrucians for many years, read widely in occult philosophy, has certifications from HearthMath, Music for Healing, and NLP (Neuro-linguistic Programming), and is a certified professional coach.

**Sense of “Being Called” To Be Present with Others**

- Where I am in my journey is to be here now – to be present and of service in helping others realize unfulfilled potential.

## **Participant O**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant O**

She dreamed of becoming a famous athlete. Physical activities were “the moments of my most natural experiences. I would go into a zone and could stay there for hours.” However, when she went to university, she had a breakout experience in terms of her sexual awakening. “I had lots of relationships with different men.” She ended up marrying one of the men and took a job while he continued his education after they both had graduated. By no means was this just an effort to support her husband. She rose quickly in the company she had joined to eventually become a senior manager.

She eventually started and sold her own company in computer supplies. She felt “burned out” after just a few years and needed to do something else with her life. Moving to another city and starting a new career only led to another heart-breaking situation as her marriage fell apart and a new relationship started and ended badly. Her only guidance is that she needed to pay attention to her health. At the time, she was operating between two worlds, her private thoughts – “I spent a lot of time alone mentally, not physically” – and her public persona – “I got happiness and support from my social network.”

#### **Understanding Transpersonal Experiences**

- I am beyond the curiosity or interest in exploring the role of our minds in our experience of ourselves and others, to now having a firm conviction that we create the world around us with our thoughts. My work is like a prayer for me, whenever I face a new project and I don't know how to approach it I reach inside and wait for a visual to come to me. I am much more at peace with myself.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I played a lot of games with my sister. I remember playing Operator. I also remember a boy in Russia who I climbed trees with. I didn't have many friends so I would spend time alone – mentally, not physically. I lived in a city and would spend time observing others. While I didn't have imaginary friends or fantasies, I do remember thinking “Here I am 4 years old and it is the right age.” I had more philosophical thoughts about things.

- Ballet and modern dance.
- Started and sold a computer supplies company. Started and currently runs a business in health and wellness offering massage, exercise and diet classes, and meditation.
- Started and currently runs a staffing/ employment services business.

- Gifted athlete. Performed in a number of fields including skating, swimming, sailing, gymnastics, and track and field. Became a life guard as a teenager.

### **Other Personal Development Activities**

- Certified Massage Therapist (after completing her MBA), read widely in occult philosophy, and completed The Course in Miracles.

### **Sense of “Being Called” To Be Present with Others**

- My purpose, which is the covenant I made with myself before I was born, is sharing healing energy to help others through the trauma of the human experience.

### **Reflections**

TMI has helped me get connected with my guidance, which was a turning point in my life. I have learned that just because I was good at something wasn't a reason for doing it. Purpose became more important to me.

## **Participant P**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant P**

A rambunctious child, he could not sit still very long and remain focused. It created lots of challenges for him. “I did a lot to piss people off.” His parents finally had a psychologist conduct an assessment whose conclusion was remarkably consistent with what everyone already knew. “Get this boy into the woods,” is what the psychologist told his parents. “He has a real aptitude for some outdoor career and is not suited for office work.” While there were many different paths towards this goal, circumstances weighed in and he eventually found himself in the military. “I thrived in the bush. My intuition kicked in and I could tell if and where there was a breakdown in the communication line around our camp perimeter. I would have an impression coming out of a field of consciousness that guided me, if I chose to.”

While yet a teenager he had seen a book his father was reading called *Journeys Out of the Body*. He tried to read it himself, but “it scared me so much I couldn’t finish it.” Many years later he was in an old bookstore when he found another of Bob’s books, *Far Journeys*. This made a different impression on him and his interest peaked. By the time he came to the Gateway program, he was tired and very sick though he didn’t know it. Plus, “I was getting desperate. I was not getting anywhere in my own agenda of answering questions [ . . . ] I was not doing the important stuff yet.” Six months later he was diagnosed with leukemia.

He spent the time preparing for leukemia treatment using hemi-sync and as much time as possible while in the hospital. “I was conscious, but I was gone.” When they let his wife sleep in his hospital room, he knew he was doing poorly in his treatment. “I knew that it meant I was in bad shape.” One evening while he was sleeping, his wife noticed a blue beam of light of laser intensity enter the room from the wall. It moved to align itself with him as if it was being guided and entered from the soles of feet and exited through the top of his head. The next day he began to improve until he was in remission. In the succeeding years, he has had no relapse.

When asked what happened to his agenda of “answering questions,” he shared a few thoughts. “While I began trusting my inner voice early on the job, I only became conscious of an inner knowing after TMI. There is a structure and purpose here and it is under control. You want to do more good than harm, but you don’t worry about being cheated. The good thing about death is that you are not going to die; you know where you are going. These are some of the things I have gotten from my experiences at TMI.”

## **Understanding Transpersonal Experiences**

- We operate across a spectrum of consciousness where every level has its work and we each have our purpose. You move to the work of the next level when the questions become nagging.

## **What is on the Other Side of the Rainbow?**

### **Engagement of Multiple Intelligences**

I grew up playing cowboys and Indians with my friends, climbing trees, and exploring the foothills nearby. I was often accused of having an overactive imagination. I had an imaginary friend for 3 years who was a very vivid presence in my life.

- Studied acting in an after school theater program for 6 years. Went to college on a theater scholarship.
- ROTC in high school. Biking, camping, and hiking. Retired military officer with the Marines where he spent two-thirds of his career in the field deployed around the world

### **Other Personal Development Activities**

- Read widely in religion and occult philosophy.

### **Anticipation of Liminal States**

From certainty, to uncertainty, to certainty is what defines me [a reference to a continual loop between polarities]

### **Relationship with Inner Guidance**

- There is a deep peace to me. I don't worry about life being fair. In the great realm of things, it all gets sorted out.

### **Playfulness Towards Life**

- A favorite memory as a child was when my parents would go to Mr. Fan on a regular basis to get "an adjustment." Mr. Fan was a professional wrestler who became a masseuse. He was a huge man, reminded me of a Sumo wrestler. One day he was working with my Dad at our home and after observing my brother for a few minutes, asked my Dad how long my brother had been deaf in his right ear. My Dad had never told him that, but my brother had been born using forceps since my mother had lots of problems in childbirth. The result had been a shifting of the bones behind his right ear that had gone undetected since birth though he could not hear. Mr. Fan asked my Dad, "Would you like me to fix that for you?" After getting permission from my father, he took my brother's head and hugged it to his chest. He twisted the bones in his skull and his ear popped open. It has been fine ever since. Mr. Fan had special skills, I would suspect.

### **Sense of "Being Called" To Be Present with Others**

- My mantra is pretty simple: take care of yourself, your family, and whoever is in your charge. I am continually listening for the inspiration about what needs to be said.

## **Participant Q**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant Q**

As the only girl in a family with 5 boys, she would have had a special role in the family. However, she spent the first 18 months of her life in a hospital. By the time she did come “home” it didn’t feel like home. “I was never really a part of the family.”

In her own words, she lived in a fantasy world. “I was a fairy-child, frail and light skinned. I had my spirit friends.” She had an out-of-body experience quite early in her life. One day she was playing in a friend’s garden and the next thing she knew she was at the top of the roof of the shed looking down on the garden. “I had a great sense of freedom even as it was quite scary.”

From the age of 7 to 9, she was back in the hospital a great deal. It wasn’t a difficult time for her, because “my imaginative world is where I could be more active than in the real world with adults and older brothers.”

As she grew up, being outdoors was one of the real blessings of her life. She had many health issues that made her physical existence a constant reminder of her tenuous ties to this world. “My illnesses were a manifestation of my fairyness, my not fully being here- ness.”

#### **Understanding Transpersonal Experiences**

- The me-ness that is inside is looking out of the eyes of my body. I have gotten most of my lessons through my body. Pain is no stranger to me. The way I can receive those messages now are very different. I once was very ambivalent about being here, in this body, but now I feel very complete.

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I lived in a fantasy world. I was a fairy-like child. I had my spirit friends. People would tell me their stories when I was young rather than the other way around. I tended to be rather quiet. I was a listener.

- Professionally trained dancer.
- Started and currently runs a physical therapy practice.
- Previously made her living as an author. Writer of plays, short stories, and articles for magazines.
- Spent her early career as a teacher (K-12). Also taught canoeing and rowing. Did further qualifications in theater and drama.
- Canoeing, rowing, yoga. Feldenkrais practitioner

## **Other Personal Development Activities**

- Developed a wide repertoire of physical skills in things like skiing, canoeing, rowing, and dance. Studied qigong under Chow Ming. Became a Feldenkrais practitioner.

## **Anticipation of Liminal States**

- Making a conscious decision to live in this world

## **Playfulness Towards Life**

- I built up a lucrative practice [as a writer], went on tour and was featured regularly in the media. The part of me that was flying wasn't the part that was meant to fly. A near death experience in an automobile accident brought me back in the groove again.
- Compassion for Oneself and Others
- I spent the first 18 months of my life in the hospital. I guess I didn't really want to be here very badly because I have had a long-term relationship with the thin veil that separates the Here from the There. Over the course of my life I have spent many years in various hospitals having suffered from Crohn's disease and survived 4 near death experiences.

## **Reflections**

The self-healing I did at TMI has been so instrumental in the work I do now. The guidance I received was that "I had to learn how to stay." I had been ambivalent about being human and here on this planet. I kind of arrived with a great deal of enthusiasm but was unimpressed with what I found. I came away from TMI making a commitment to be here now and it has been the major transformation in my life.